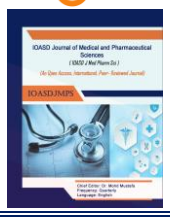
OPEN ACCESS

IOASD Journal of Medical and Pharmaceutical Sciences

IOASD J Med Pharm Sci, Vol-2, Iss-2, Apr-Jun., 2025
Frequency: Quarterly
ISSN: 3049-0294 (Online)
ISSN: 3049-3773 (Print)
Homepage: https://ioasdpublisher.com/ioasdjmps



The Use of Some Complementary and Alternative Traditional Medicines (CAM) in Public Health Care Systems with Emphasis of Kedi Health Care Products

Ibrahim S. A[1*], Shehu A. A.[2], Ahmed I.[3], Abdallah M.S.[4], Zakari L. N.[5]

[1]Staff Secondary School, Kano University of Science and Technology, Kano, Nigeria.
[2]Department of Microbiology, Aliko Dangote University of Science and Technology, Kano, Nigeria
[3]Department of Microbiology, Aliko Dangote University of Science and Technology, Kano, Nigeria
[4]Department of Microbiology, Yobe State University, Damaturu, Yobe State, Nigeria
[5]Department of Laboratory Science and Technology, Kano University of Science and Technology Wudil Kano Nigeria

Corresponding Author: Ibrahim S. A
Staff Secondary School, Kano University of Science and Technology, Kano, Nigeria.

DOI: 10.67224/ioasdjmps.2025.v02i02.004

ABSTRACT

Chronic diseases are becoming a global health threat causing thousands of disabilities, huge financial lost and death even, the increasing prevalence of these infectious and non-infectious diseases on patients' life is alarming. Complementary and alternative traditional medicines are very important part of healthcare throughout the globe. Many countries including the U.S and in Africa, complementary and alternative medicines are not seriously regulated as extensively as conventional drug therapy. Currently, there is no much research evaluating the use of herbal and traditional medicines, most importantly in clinical trials. Together with the recent development of new conventional drug therapies, compounds the number of unidentified outcomes when using two treatment approaches together. Traditional and herbal medicine, which has been used for thousands of years in many and various parts of the world, offers potential for integration with modern medicine in managing these conditions. Aim of this review is to present the efficacy of complementary and alternative medicine in curing diseases through this form of literature review and administration of traditional medicine. Many evidences from the results showed that there is positive result regarding the effect, integration and priority of traditional medicine on the healing of chronic diseases. Blood sugar levels in diabetic patients can be reduced significantly by using medicinal herbs and acupuncture is also very effective in reducing severe pains in patients suffering from arthritis, osteoporosis, rheumatism etc. Massaging, tai-chi, yoga and other physical therapy techniques presented positive results in minimizing stress and mild muscles pains, this is very important factor in the management of many diseases. The integration of traditional medicine with conventional care can provide a more holistic and personalized approach to chronic disease management, improving patients' quality of life as seen in this study. Traditional Chinese Medicine (TCM) especially Kedi healthcare products is very promising in the cure many diseases such as prostitis, fibroid, diabetes, hypertension, hypotension, malaria and typhoid fevers etc.

Keywords: Complementary, Alternative, Herbal, Traditional Medicine, Infectious, Non-infectious Disease.

Review Article

Article History
Received: 27-02-2025
Accepted: 26-03-2025
Published: 05-04-2025

Copyright © 2025 The Author(s): This is an open-access article distributed under the terms of the Creative Commons Attribution **4.0 International License (CC BY-NC)** which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.

INTRODUCTION

The increasing concern in the world of complementary and alternative medicine in dealing with chronic diseases in many communities around the world can be seen as a response to the limitations and challenges faced in conventional or modern medicine (*Traditional Medicine*, 2001). Chronic illnesses which by definition require long-term management and often have no clear cure, pose a significant economic and psychological burden to sufferers (Sudirman & Skripsa, 2020). In many cases, modern pharmaceutical drugs offer maintenance rather than cure, often with unwanted side effects Dwisatyadini, (2017). As conventional

health products are limited, expansive and un-accessible to all, especially in cases of deadly global pandemic. Many continents, Africa inclusive have returned to the use of traditional medical practices and such herbal medicines. This is one of the few therapies which is accessible to the populace Mutombo, V. (2023).

In the era of globalization and rapid development in science and technology, especially in the health sector, traditional medicine still has its own place in people's hearts. Ironically, in the midst of modernity, many people are returning to the use of alternative medicines or herbs to overcome various diseases, including chronic diseases that are considered difficult to cure by modern medicine, such as diabetes, hypertension (Widjaja & Indonesia, 2024).

A number of countries have developed national herbal pharmacopoeias to document medicinal plants that have been found to be effective and to further ensure their safety, efficacy and quality. In West Africa, health organizations in collaboration with World Health Organization regional office for Africa is taking a step in developing a pharmacopoeia in the region that will contain monographs to generate scientific evidence on the effectiveness of traditional medicines (Traditional & Day, 2010).

In addition, elderly persons are much familiar with the use conventional medicine and alternative medicines. Here, the issue is the same and may likely to have a higher incidence of chronic disease, which more often than not requires the use of increasingly complex conventional drug therapy. Presently, the research in evaluating the use and efficacy of alternative medicines is low or minimal, especially in clinical trials Rivera J. O. (2013). With the ongoing development of new conventional drug therapies, this together, further advances the number of unknown results when using elements of these two approaches together in treatment of diseases. Clearly there is a great need for coordinated efforts to conduct the necessary clinical trials to study the efficacy and safety of herbal medicines just like that of kedi health care products both alone and in conjunction with conventional drug therapies. Unfortunately, with the high global consumption and utilization of herbs and that which is produced from them, a good number of medicinal plant species are always on the border line of extinction (Tahir *et al.*, 2022).

History of Traditional Medicine

Historically, complementary and alternative medicine (CAM) otherwise known as herbalism is linked with the history of man, food and medicine from prehistoric times up to the development of the germ theory of disease in the 19th century. Modern medicine from the 19th century to today is based on researches; evidences gathered using the scientific methods, experimentation and application. The use of pharmaceutical drugs have evidences derived from medicinal plants, has largely replaced herbal treatments in modern health care system. More so, great number of people continues to use various types of complementary and alternative medicine. The history of herbal and Traditional medicine has also overlapped with food history, many of herbs and spices are historically used by man to season food production with good medicinal plants and their uses as they are of good antimicrobial activity in food preparations in present and ancient method in response to the danger of food-borne diseases (Sam, 2019).

Public health measures were developed especially in the 19th century as the rapid growth of cities required systematic sanitary measures. Advanced research centers opened in the early 20th century, often connected with major hospitals. The mid-20th century was characterized by new biological treatments, such as antibiotics. These advancements, along with developments in chemistry, genetics, and radiography led to modern medicine. Medicine was heavily professionalized in the 20th century, and new careers opened to women as nurses (from the 1870s) and as physicians (especially after 1970), (Sam, 2019).

Today, herbal medicines are known to be more productive in comparison to other forms of medication in curing certain conditions. Unless mixed with other chemical components, they are known to be all natural.

Development and Integration of Complementary and Alternative Medicine

Payyappallimana (2010) reported that in the current development of cultural and traditional medicine/herbal medicine has been affected by many traditonal and historic conditions from which they were originated. So, many perspectives are currently in existence regarding the usage and integration of traditional medicine with conventional public health care systems and practices (Hussain & Malik, 2013). In the present study, the result of some phytochemical analysis revealed the presence of some bioactive ingredient which include: Saponin, Flavonoid, Tannins, Alkaloid, Phenol, and Physterol, etc (Abdallah et al., 2020). Such findings from many researches give more rooms and insights in the development of complementary and alternative medicines.

Ethics and Healthcare in Africa

Ethics is defined as an application of values and morals to human activities (Adannaya, C. 2022) which are “grounded on socio-cultural, philosophical and/or religious beliefs of what is good and bad”.

Traditional Chinese Medicine

Traditionally, in China animal, herbs and mineral materials have been used as the primary source of traditional remedies, since ancient days and today botanical medicine has been used by Chinese people. Of the more than 12 000 materials used by traditional

healers, about 500 are in common use (Li, 2020). These products are used only after some kind of collection, processing which may include, for example, drying, stir-frying or soaking in vinegar or wine.

In China, Traditional Chinese medicine is commonly use. Of greater than half of the global population regularly uses traditional chinese medicine, with the highest use in rural areas. Almost about 5000 traditional medicines which are available and account for approximately one fifth of the entire Chinese pharmaceutical market (Li, 2020).

In China, herbal traditional medicines include; ethnic herbal products and ancient folk medicines (Tahir *et al.*, 2022). Traditional Chinese medicine consists more than 11,000 medicinal plants, about 1500 animal parts and insects, approximately 80 mineral medications, 50 processed ancient remedies, and 5000 clinically approved herbal products (Tahir *et al.*, 2022). Each and every product is a blend of many medicinal compounds that is sufficient enough to prescribe to a patient. Considering the world climatic differences and other geographical conditions, inhabitants of various areas in China and the world at large, may have unique or different cultures, customs, lifestyles, and disease spectrums (Tahir *et al.*, 2022).

With the aid of modern advancement in science and technology, China has gone very much far in research, development, collection, processing and production of hundreds of complementary and alternative medicines. Traditional Chinese Medicine (TCM) produced by KEDi Healthcare Industries are of excellent efficacy and high potential in the complete treatment of both chronic and mild diseases. These modern traditional medicines produced by Kedi are marketed globally in the complete treatment of cancer, hyper and hypotension, diabetes, fibroid, urinary tract infections (UTIs), sexually transmitted diseases (STDs), infertility, prostates enlargement, gastrointestinal ulceration, typhoid and malaria among others. Such products include:

a) Colon cleanser tea
b) Golden six
c) Golden hypha
d) Cardibetter
e) Reishi
f) Cordy active
f) Cordy royal jelly
h) Revive
i) Eye better
j) Qinghao etc.

Figure 1: Reishi

Figure 2: Golden Hypha

Major Challenges of Herbal Medicine

According to the report gathered by United Nations Educational Scientific and Cultural Organization and World Intellectual Property Organization (UNESCO/WIPO) (1999), WHO (2022), Burgland (2020), Shankar *et al*. (2017, Wang and Chan (2020), many countries are facing many challenges in the identification, development, regulation and implementation of complementary and traditional medicines and its integration into public health care system. These problems cover issues related to-

i. Recognition
ii. Regulations
iii. Knowledge
iv. Assessment of efficacy and safety of TCM
v. Sustainability

vi. Quality control
vii. Monitoring and national drug regulatory authorities
viii. Ecological obligations
ix. Value addition
x. Inter-cultural approach

The expensive existence of conventional treatment in public health care facilities devoted to alternative therapies is giving more rooms to pharmaceutical companies to advance and invest more in complementary and alternative medicine production (Akter *et al.*, 2021).

Effectiveness of Complementary and Alternative Medicine

Healing the patient regarding the use of traditional medicines is well pronounced in public care systems, the patients centered approach usually play an important role in obtaining the nonspecific or specific treatment. The successes recorded in alternative therapy practice is achieved by maximizing the non-specific placebo response for many of the complementary and the alternative medicines practitioners that yielded better results than that of clinical health practitioners without surgery even. Engaging the patient emotionally and physically as some of the therapeutic practices played good role towards goal setting and realization of an effective results, patients' beliefs is playing significant role in therapeutic successes recorded (Article, 2021).

Regulations of Herbal Medicines

The basic problem with the use of herbs among others is that there is lack of, appropriate labels, contents composition, registration number and terminologies in describing which class herbs fall in to. For example, a single product can be regarded as a food product and others may consider it a dietary supplement. Therefore, this product may have multiple concurrent regulations depending on how it is classified (Hussain & Malik, 2013).

Implications for Policy and Practice

Human resources and capital are the primary needs in development and standardization of phyto-medicines for multi-center randomized control in clinical trials toward establishing safety, efficacy and quality of the potential products at preclinical levels. Such wise investments will impact on both policy and practice in specific ways. The policy on integration of complementary and alternative medicine should be functional in national health systems where collaboration with professionals in both the Traditional Health Practitioners and Clinical Health Practitioners will surely enhance public health (Muganga et al., 2019).

Limitations

There are, however, still disadvantages to these treatments, like improper regulations and dosage instructions - but as herbal medicine becomes more popular, it is becoming easier to find trained professionals and even naturopathic doctors who can advise on the safest and most effective ways to use herbal medication (Sam, 2019).

CONCLUSION

Traditional and herbal medicines are very good enough in preventing, curing and restoring of many chronic diseases and conditions of public health concern (Spector & Luigi, 2023). Herbal medicines are of high potential in problem solving if compared with means of therapies. Worldwide standardization of herbal medicines and good clinical laboratory tests are very important towards better understanding of the potential benefits and risks of these products. Supporters of western medicine and traditional medicine should work together to incorporate best practices verified by suitable scientific methods in public health systems. However, research also emphasizes the need for a cautious approach and correct information when choosing traditional medicine as part of disease management strategy. It is important for patients to consult a healthcare professional first and not replace medical therapies that have been proven effective with traditional medicine. In addition, further studies are needed to precisely identify the efficacy, determine the appropriate dosage, and assess interactions with conventional therapies. In conclusion, traditional medicine can offer significant benefits in the treatment of both mild and chronic diseases if used judiciously and as part of an integrated treatment approach, drawing on scientific evidence and supported by professional medical knowledge and supervision (Widjaja & Indonesia, 2024).

ACKNOWLEDGMENT

I, Aliyu Ibrahim Safana, acknowledged the contributions from Professor M. D. Mukhtar, Professor Adamu Abdullahi Shehu, Professor Isma'il Ahmmed, Dr. M. S. Abdallah, Alhaji Adamu Ibrahim and Kedi Healthcare Industry Nigeria Limited.

REFERENCES

- Sama'ila, K. (2021). Bioactive ingredients screening and antibacterial activity of Citrus aurantifolia leaf extract against some enteric isolates. *Microbes and Infectious Diseases*, *2*(R), 1-5. https://doi.org/10.21608/mid.2020.37758.1044
- CHUKWU, C. A. (2022). African traditional medicine and the practice of medicine in Africa: an ethical and existential evaluation. *ÌJÍRÒRÒ-AFRICAN STUDENTS'JOURNAL OF PHILOSOPHY*, *1*(1)..
- Akter, S., Hasan, M. N., Limited, I. P., Begum, R., & Akhter, H. (2021). *We are IntechOpen , the world ' s leading publisher of Open Access books Built by scientists , for scientists*. *May*. https://doi.org/10.5772/intechopen.97039
- Rao, M. T., Yamini, M., Phanindra, C. V. S., & Rao, Y. S. (2021). Alternative Medicine: New Ways to Treat Diseases and Therapies. *Indian Journal of*

Pharmaceutical Sciences, *83*(1). 1–12.

- H Shahzad Hussain, S. H., & Farnaz Malik, F. M. (2013). Integration of complementary and traditional medicines in public health care systems: challenges and methodology. *7*(40), 2952–2959. https://doi.org/10.5897/JMPR12.458
- Kasilo, O. M. J., Wambebe, C., Nikiema, J. B., & Nabyonga-Orem, J. (2019). Towards universal health coverage: advancing the development and use of traditional medicines in Africa. *BMJ global health*, *4*(Suppl 9), e001517.. https://doi.org/10.1136/bmjgh-2019-001517
- Mutombo, P. N., Kasilo, O. M. J., James, P. B., Wardle, J., Kunle, O., Katerere, D., ... & Dhobi, M. (2023). Experiences and challenges of African traditional medicine: lessons from COVID-19 pandemic. *BMJ global health*, *8*(8), e010813.https://doi.org/10.1136/bmjgh-2022-010813
- S Sam, S. (2019). Importance and effectiveness of herbal medicines. *Journal of pharmacognosy and phytochemistry*, *8*(2), 354-357.
- Rivera, J. O., Loya, A. M., & Ceballos, R. J. A. I. M. (2013). Use of herbal medicines and implications for conventional drug therapy medical sciences. *Altern Integ Med*, *2*(6), 1-6.https://doi.org/10.4172/2327-5162.1000130
- Tahir, A. H., Hussain, Z., Yousuf, H., Fazal, F., Tahir, M. A., & Kashif, M. (2022). Traditional herbal medicine and its clinical relevance: a need to preserve the past for the future. *Journal of Biosciences and Medicines*, *10*(7), 64-75. https://doi.org/10.4236/jbm.2022.107005
- Widjaja, G., & Indonesia, M. U. (2024). *THE INFLUENCE OF TRADITIONAL MEDICINE ON THE HEALING OF*. *2*(4), 282–295.